

THE GODFATHER OF SOLE
MEET CHRISTIAN LOUBOUTIN {page 15}

BAILLIE TO RUN IN CUMBERLAND SOUTH
SCOTT RESIGNS AS MLA {page 2}



CARRIE-ING ON WITH MUSIC
NO MORE MOVIES IN SINGER'S SIGHTS
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▶ Fitness instructor Richard Gormley leads 575 Dalhousie University students and staff in a Zumba dance class on Wickwire Field yesterday. Story, page 4.

RYAN TAPLIN/METRO HALIFAX

Not enough zoom for Zumba record

Dalhousie University students were trying to set a Guinness world record for the largest Zumba class but fell short of the unofficial record of 720 participants set last month in Australia.

Crunched by numbers?

Danica McKellar's tips on making sense of math {page 18}

Literacy rate to drop: Report

Four cities will see rise in adults with poor reading skills {page 6}

Swarmings leading to safety fears

Seventh attack in four days seems unrelated to previous six ◐ People urged to walk in groups, stay in well-lit and well-travelled areas ◐ Attacks 'speak to the character' of those involved, says HRP spokesman

RYAN TAPLIN/METRO HALIFAX



▶ Two women walk through the Halifax Common yesterday.

"I'd like to trust Halifax and the people in it," said Suzy, walking along the Halifax Common yesterday.

The 29-year-old student didn't wish to provide her last name when approached by Metro.

"But even when you guys just approached me now, I was like 'Oh God.'"

Suzy lives in north-end Halifax. She has been living in the neighbourhood for 2½ years, and says she has never had cause to worry about walking alone or at night. But a recent spate of swarmings in the north end has made her think twice.

"It definitely (concerns me)," Suzy said, adding she'll be changing her habits in the wake of the assaults.

Halifax Regional Police spokesman Const. Brian Palmeter said the most recent swarming Tuesday night doesn't appear to be related to the six between Friday and Monday. Around 9:30 p.m. on Tuesday, two 18-year-olds were surrounded and beaten by a group of six men near the skate park at the corner of Bell Road and Trollope Street.

While the incident is being treated as unrelated, Palmeter said police are as concerned about it as the others.

The perpetrators of the weekend swarmings showed a "complete disregard for the victims' well-being ... (and) were looking for a conflict," said Palmeter.

He said Tuesday's incident was "slightly different," even if the end results were the same.

ALEX BOUTILIER

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1 news

Dalhousie building vandalized

A 19-year-old student allegedly broke in to a Dalhousie University administration building and trashed the third-floor hallway.

Police were called in at 11:30 p.m. on Tuesday night. The security guards closed the exits and the suspect was arrested by police.

Charles Crosby, a Dalhousie spokesman, said much of the damage was cleaned up at the Henry Hicks building yesterday.

"The most obvious was the fire extinguisher: At least two were emptied out onto the floor and into the stairwell," he said.

A few window panes were smashed, fire alarms were torn apart and a fire bell was removed from the wall.

"Some furniture was damaged as well."

The elevator isn't working, but Crosby said it's unclear whether it was broken before the incident.

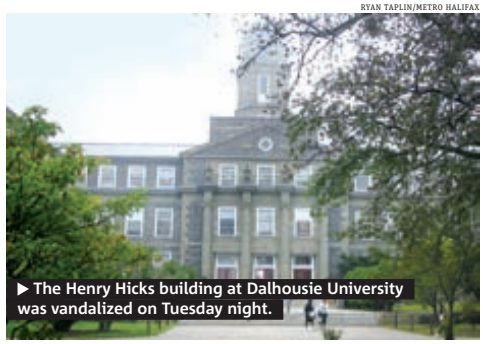
The estimated cost of damages also isn't clear at this point because of the elevator issue, and Crosby said he doesn't know why the third floor was targeted.

"We're not sure of the motives behind it, but it doesn't appear to be theft," he said.

The suspect will be in court on Oct. 19 to face charges of break and enter and property damage.

JENNIFER TAPLIN

RYAN TAPLIN/METRO HALIFAX



▶ The Henry Hicks building at Dalhousie University was vandalized on Tuesday night.

News on the move

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Prison watchdog urges less isolation for mentally ill inmates in new report. Video at metronews.ca/canada

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Please turn kids to silent: Diner asks parents to take screaming children outside. Scan code for story.

Scott resigns, Baillie to run for vacant seat

Interim PC leader tosses in hat for Cumberland South ◐ Ball in premier's court to call byelection



ALEX BOUTILIER
@METRONEWS.CA

Jamie Baillie wasted little time getting into election mode.

Minutes after announcing he'll seek office in Cumberland South, the interim Progressive Conservative leader was touring the riding yesterday with outgoing MLA Murray Scott.

"I am ready to go," Baillie told Metro, adding he hopes a byelection will be called before the fall sitting of the legislature.

Baillie announced his candidacy at the same press conference in Springhill that Scott announced his resignation.

Scott has held Cumberland South since he was first elected in 1998, defeating his closest opponents by healthy margins throughout his career. The former Tory cabinet minister said he wants to spend more time with his family.

"I am quite confident as ... people get to know me, that my chances are good."
JAMIE BAILLIE

Premier Darrell Dexter thanked Scott for his years of public service in a press release yesterday, praising his work ethic and commitment to his constituents.

Scott's resignation is a convenient turn of events for Baillie, who will be officially made leader at a party convention in October.

With Scott's departure, Baillie has a shot at winning a seat before the convention, depending on when the government calls a byelection for the riding.

AMHERST DAILY NEWS



▶ Interim Tory leader Jamie Baillie, left, and outgoing Cumberland South MLA Murray Scott.

Guilty plea in Amherst slaying

Melvin Roberts' guilty plea in Amherst provincial court rang loud and clear yesterday afternoon.

Roberts, 35, entered the guilty plea to a manslaughter charge in the death of his 47-year-old uncle, Paul Douglas Arsenault.

Arsenault was found dead in a Queen Street apartment on June 6.

Roberts has been in custody since June 6, the same day emergency personnel were called to the two-storey, four-unit building on Queen Street around 1:30 a.m. Arsenault was a tenant in the building, however wasn't living in the unit in which he was found.

AMHERST DAILY NEWS

Sentencing

Melvin Roberts will return for sentencing on Sept. 21.

AMHERST DAILY NEWS



▶ Melvin Roberts

Dann arrested in Montreal

WANTED. The man wanted by Halifax Regional Police in connection with the attempted murder of a Clayton Park man last month has been arrested.

A Canada-wide warrant was issued on Sept. 1 for Antron Corey Dann, 20, who was arrested by police in Montreal last Friday.

Dann will be transported back to Halifax and is expected to appear in provincial court on Friday to face charges including attempted murder and aggravated assault.

On Aug. 16, police found a 37-year-old man suffering from severe head injuries in his apartment on Willet Street.



Two others are facing charges in the case.

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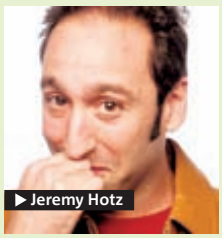
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News in brief



▶ Jeremy Hotz

Tour lineup announced

COMEDY. The lineup for the 2010 Capital One Just For Laughs national tour was announced yesterday. The tour goes east to west and will land in Halifax for a show at the Rebecca Cohn Auditorium on Oct. 23.

Among the comics: Jeremy Hotz, who is touted as "Canada's unhappiest comedic star," as well as Italian-Canadian comic Frank Spadone and Robert Kelly, who is a cast member of the TV show Louie.

Are you ready to rock?

TRIBUTE. Tickets go on sale tomorrow for the return of The Australian Pink Floyd Show at the Halifax Metro Centre on Tuesday, Nov. 9 at 8 p.m.

The 2010 world tour is titled Pink Floyd Greatest Hits. Tickets go on sale at 9 a.m. for $44.50 each.

Hopper fire investigated

GREENWOOD. There were no injuries after fire broke out at a wood pellet mill near Upper Musquodoboit yesterday. Halifax regional fire fighters were called to MacTara Mill on Highway 224 in the small community of Greenwood just before 10:30 a.m.

Fire spokesman Capt. Dave Meldrum said the fire in a hopper took several hours to get under control. The cause is under investigation.

Celebrate airport's 50th

STANFIELD. An open house celebrating Halifax Stanfield International Airport's 50th anniversary will take place tomorrow in the building's main lobby from 10:30 a.m. to 1:30 p.m. ● METRO HALIFAX

RYAN TAPLIN/METRO HALIFAX



▶ Dalhousie University student Michelle Cormier is framed by the legs of fitness instructor Richard Gormley during a mass Zumba class on Wickwire Field yesterday.

Zumba back to school at Dal

Students miss out on world record, but attempt provides a little exercise and chance to meet some new people ◐ Zumba dance fitness program created in Colombia in the 1990s



JENNIFER TAPLIN
@METRONEWS.CA

One idea for meeting new people on-campus: shake your booty and go for a world record.

As part of frosh week at Dalhousie University yesterday, organizers encouraged students to come out at noontime and break the Guinness World Record for largest Zumba class.

"Zumba is a really popular form of aerobics class and it's based on Latin dance. It's a lot of fun," explained organizer Shawn Fraser.

"We're hoping to exceed 720 people in a class."

Frosh week is all about introducing new students to each other and the campus.

"I'm nervous, but it's nice getting to know people around here and people who aren't from here," said 18-year-old Jessica Thompson from Cole Harbour.

Kelsey Stanger, 18, from Abbotsford, B.C., was among several students who had never Zumba-ed before yesterday.

"I'm not really sure what it is," she said.

But she jumped into whatever frosh activities she could this week.

"I did the dive-in swim where you go swimming while Finding Nemo plays on the projector screen. We went to this huge dance party and the hypnotist was cool," she said.

"There's a lot going on."

And going to school far, far from home isn't as scary as she thought it would be.

"There are so many other people from out of province too, so it's easy to make friends."

575
The number of students who showed up to the Zumba session yesterday. The total falls short of the (invalidated) record of 720.

Teen trio charged in break and enter

Three teenagers are facing charges in relation to a break and enter in Lower Sackville. Halifax RCMP responded to a home on Hillcrest Avenue around 4 a.m. yesterday about a person hearing people inside his residence.

Three teens were arrested after fleeing the scene. Police allege property from the home was also recovered, including a rifle. A 15-year-old female and males aged 16 and 18 are each facing charges of break and enter, possession of stolen property and firearms offences. ● METRO HALIFAX

Oval work starts today

Work is scheduled to begin today on the Halifax Common for the Canada Games Oval.

The $2.1-million long track speedskating oval near the corner of Cogswell and North Park streets is expected to be finished by December. ● METRO HALIFAX

HRM to face human rights hearing?

A decision will be made in October as to whether a discrimination complaint against the Halifax Regional Municipality will go to a hearing. Lucien Comeau alleges HRM and the province discriminated against the Acadian and francophone community by denying supplemental funding to schools in the Conseil scolaire acadien provincial.

Lynn Connors, the chair of the independent board that heard Comeau's arguments yesterday, said parties should prepare for a November hearing. ● ALEX BOUTILIER

CONTRIBUTED



▶ Graffiti art in Paris by Kanos and Astro.

French duo to show expertise in graffiti

Cellograff participating in hip-hop festival ◐ First trip to North America for artists from France



JENNIFER TAPLIN
@METRONEWS.CA

Graffiti as high art? A duo from France will show Halifax how it's done tomorrow.

Kanos and Astro, known as Cellograff, are a pair of artists who use cellophane to display their artwork as graffiti, not vandalism.

In an email interview, Kanos said he always loved drawing and discovered mural painting while studying in art school.

But finding a medium for his work was a little tricky.

"We tried different materials like plastic bags and adhesive tape," he said. "We finally found cellophane! "

He said his most memorable work was stretching cellophane between two pillars at Bir Hakeim bridge in Paris with the Eiffel Tower in the background.

Kanos said he doesn't know what he will create when he paints on Friday at the Grand Parade for the Hopscotch hip-hop festival.

On email:

How do you encourage young graffiti artists to stick to art instead of vandalism?

▶ **Kanos** "There are steps and choices to make for everyone. The youth have to be responsible for their decisions and ultimately they will be. I think that it's better for youth to let them choose their way and hopefully our concepts can inspire them to create art instead of vandalism."

LABOUR

Union unveils bully-free program

Bullies don't just hang out in school yards, says a union.

The Nova Scotia Government and General Employees Union demonstrated their Bully-Free Workplace Program to some of the municipality's big employers yesterday.

Representatives from Dalhousie University and Nova Scotia Liquor Corporation joined several others for the presentation.

The program is based on a peer-to-peer process where employees who have first-hand experience in dealing with bullying in the workplace explain it to others.

Topics covered include: how to pick out signs of bullying, how managers and employees can reduce it, and how to change unhealthy work relationships. ◐ METRO HALIFAX

Faculty members reach deal with MSVU

Part-time faculty members reached a new deal with Mount Saint Vincent University yesterday.

No details are being released about the new collective agreement yet, but the bargaining committee recommends acceptance to the members of the Canadian Union of Public Employees.

There are about 200 part-time faculty members at MSVU. ◐ METRO HALIFAX

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Canadian cities to face literacy issues: Report

Ottawa predicted to see 80 per cent surge in low-literacy adults, to nearly half a million in 2031

Canada's four largest cities are expected to see growth in the number of adults with low literacy skills by 2031, with the biggest surge projected for the capital, according to a report released yesterday.

Canada may be among the leaders of industrialized nations and rank among the best-educated countries, but the report from the Canadian Council on Learning suggests the country is hardly immune from literacy problems within the population.

Low literacy is defined by the Organization for Economic Co-operation and Development's International Adult Literacy Skills Survey as difficulty in reading, understanding and functioning effectively with written materials.

The council's report projects there will be little change in the proportion of adults with low literacy in Canada but a small increase in the total number of low-literacy adults within the next two decades.

More than 15 million Canadian adults will have low literacy skills by 2031, up 25 per cent from 2001.

However, the percentage of adults with low literacy skills in 2031 will actually dip to 47 per cent — a three per cent decline over a 30-year period.

In The Future Of Literacy In Canada's Largest Cities, the council also took an unprecedented look at adult literacy projections for Toronto, Montreal, Vancouver and Ottawa.

"In all cities, what we're seeing is vast increase in ... the actual numbers of people with low literacy skills, even though the percentage of the population with low skills will decline slightly," CCL president and CEO Dr. Paul Cappon said from Ottawa.

Cappon said the good news that emerged was a projected decline in the percentage of the overall adult population with literacy skills below Level 3 — the benchmark for being able to cope with the demands of everyday life and work in an advanced society.

"The bad news (is) we're going to have several million more people below the levels we need in a knowledge economy," he said.

Cappon said Quebec's strong policies on second or third language acquisition may be another reason Montreal is projected to fare better.

While the total proportion of immigrants with low literacy skills is expected to decrease over a 30-year span, the absolute number is expected to rise by 61 per cent — to more than 5.7 million by 2031.

THE CANADIAN PRESS

Tale of 3 cities

- **Montreal** is expected to experience the lowest increase out of the four cities — 20 per cent — in the number of adults with low literacy skills, to more than 1.8 million in 2031 from 1.5 million in 2001.
- **Toronto** is projected to see an increase to nearly 3.2 million from 1.9 million.
- **Vancouver** is expected to see the numbers go to more than 1.3 million from nearly 800,000.

China. Sea rescue



▶ A helicopter lifts workers from a platform in the Shengli oil field of the Bohai Sea near Dongying city in east China.

THE ASSOCIATED PRESS

Another oil mishap on the sea

Emergency teams rescued 34 workers yesterday from an oil-drilling platform that was leaning dangerously in east China's Shandong province, and searched for two others still missing, officials said.

Church's stunt decried

Going ahead

- Despite the mounting pressure to call off Saturday's bonfire, Rev. Terry Jones said at a news conference yesterday that he also has received much encouragement, with supporters mailing copies of the Qur'an to his Dove Outreach Center of about 50 followers.
- "As of right now, we are not convinced that backing down is the right thing," said Jones, 58, who took no questions.

Canada is speaking out against a tiny Florida church's plan to burn copies of the Qur'an on the anniversary of the Sept. 11 terror attacks.

Defence Minister Peter MacKay says it is "insulting to Muslims and Canadians of all faiths."

In July, Rev. Terry Jones from the Dove World Outreach Center in Gainesville, Fla., proclaimed he would stage "International Burn-a-Qur'an Day."

Since then he's received pressure from the White House, religious leaders and now Canada, to call off his plan to burn the book Muslims consider the word of God, but he hasn't backed down yet.

In a statement sent to The Canadian Press, MacKay said Canada is calling on the pastor to "bring people together, not break them apart."

MacKay also said Canadian Forces in Afghanistan are not fighting Islam or Islamic beliefs. He said they are fighting "an extremist and brutal enemy."

THE CANADIAN PRESS



News in brief



Storm kills one in Texas town

SEVERE WEATHER. Visitors to Salado, Texas, snapped photos of a submerged truck under the main street bridge yesterday morning as waters begin to recede from excessive rainfall caused by tropical storm Hermine.

The National Weather Service said flooding from the remnants of the storm killed one person in a town north of Austin, Texas.

THE ASSOCIATED PRESS

Microsoft says sorry to gamer

VIDEO GAMING. Microsoft Corp. and Xbox Live are apologizing to a West Virginia town and a 26-year-old gamer accused of violating the online gaming service's code of conduct by declaring he's from Fort Gay. The town in western West Virginia is real. THE ASSOCIATED PRESS

Dion released from hospital

FOOD POISONING. Former federal Liberal leader Stephane Dion is out of hospital in Mexico after being treated for a severe case of food poisoning.

THE CANADIAN PRESS

BP's report accepts, lays blame

BP took some of the blame for the Gulf oil disaster in an internal report issued yesterday, acknowledging among other things that it misinterpreted a key pressure test of the well. But in a possible preview of its legal strategy, it also pointed the finger at its partners on the doomed rig.

The highly technical, 193-page report attributes the worst offshore oil spill in U.S. history and the rig explosion that set it off to a complex chain of failures both human and mechanical. Some of those problems have been made public over the past four and a half months, such as the failure of the blowout preventer to clamp the well shut. THE ASSOCIATED PRESS

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Bank raises key rate a quarter point

Loonie gets boost, rising to 96.39¢ US Bank says it wants to reach a 2 per cent inflation target

The Bank of Canada raised the trend-setting interest rate a quarter point to one per cent yesterday, even as it acknowledged that the economic growth will be more gradual than previously thought.

It was the third hike in three months, taking the overnight rate up in stages from the rock-bottom 0.25 per cent that was set by the central bank during the recession to help stimulate the economy.

"The Bank of Canada clearly retains its tightening bias and seems generally unfazed by the recent cooling in the Canadian economy."
DOUGLAS PORTER, BANK OF MONTREAL ECONOMIST

The hike, which most economists had predicted and supported, will likely have the effect of increasing borrowing costs on short-term loans, such as variable mortgages and lines of credit.

Analysts had been looking for acknowledgment from bank governor Mark Carney that the recovery has taken a few surprise body blows of late and that he will now pause for the next few months until the picture clears. Instead, the bank gave no hint about plans for future decisions.
THE CANADIAN PRESS

THE CANADIAN PRESS FILE



▶ Mark Carney



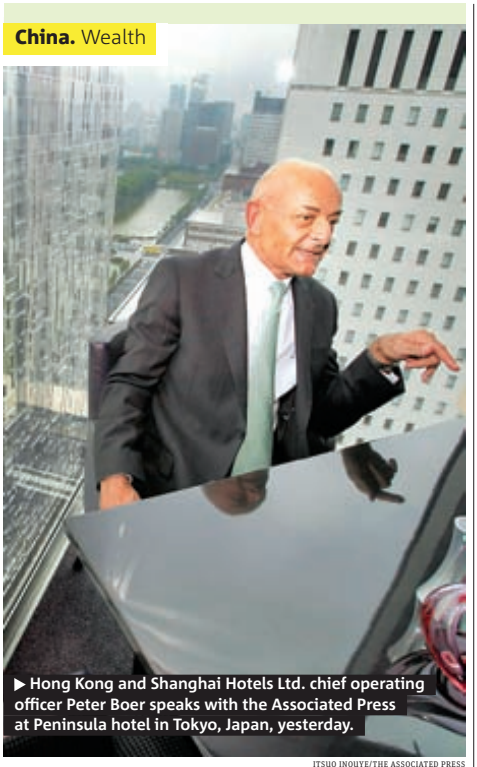
Move to silence Chatr

New wireless player Mobilicity has filed a complaint with the Competition Bureau against Rogers' unlimited talk and text service Chatr, saying that it's too similar to its own unlimited talk and text offering.

Mobilicity alleges that Rogers is in breach of section 78 of the Competition Act, which prohibits market leaders from using "fighting brands to discipline or eliminate a competitor."
THE CANADIAN PRESS

4.25 Mobilicity was one of the new competitors after the spectrum sale in a 2008 auction that raised $4.25 billion for Ottawa.

China. Wealth



▶ Hong Kong and Shanghai Hotels Ltd. chief operating officer Peter Boer speaks with the Associated Press at Peninsula hotel in Tokyo, Japan, yesterday.

ITSUO INOUYE/THE ASSOCIATED PRESS

Wealthy Chinese are spreading their wings

The growing Chinese upper class is just beginning to become a major force in luxury markets worldwide, says Hong Kong and Shanghai Hotels Ltd. chief operating officer Peter Boer.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 59.72 (12,042.26)	+ 0.97¢ (96.39¢ US)	+ 58¢ US ($74.67 US)	$3.814 (– 3.8¢)

Gold contracts $1,255.60 (– $1.70)

DESPERATELY SEEKING ... ANYONE

He says ...

JOHN MAZEROLLE



I want to be a Craigslist missed connection.

When I was growing up, I wanted to be an astronaut, Louis Pasteur (don't ask) and a race car driver. None of those things happened, but I can still fulfil my dream to be a missed connection. Because, really, who doesn't want to be one?

If you aren't familiar, missed connections come in two types.

The first is the cry to the heavens.

They're all basically the same: "To Jim/L/My Snookie, some day/week/fortnight I hope/know/dread that you'll see it was a mistake/joy/reality-show script that we were married/apart/cell mates. I'll never forget/understand/unchain you. Love/miss/screw/ you, Amanda/S/Your Malignant Lump of Love."

They're pathetic, and if you can't see yourself in them you've never loved.

But the second type of missed connection is my goal.

It's for people who were too cowardly or lazy to make their move. They usually mention eye contact and finish with, "Wish I'd said something."

"But the second type of missed connection is my goal."

I like reading them and want to be one. Maybe I'd read, "To the guy who has clearly never cleaned his laptop," or "To that man who eats pasta like he's five."

I find them quite romantic, which is to say, they have no bearing on reality.

Missed connections deny a couple of harsh truths: First, the majority of single guys I know make attempted eye contact with every girl who meets their criteria, namely being a biped and consuming oxygen.

The only reason it ever works is that so many women are oblivious to men's advances. I've had conservations like this a dozen times.

Me: That guy was totally smitten with you.

Woman: Really?

Me: He was staring at you and he kept touching your arm.

Woman: Did he?

Me: He licked your face.

Woman: Is it muggy today?

Second, it ignores the fact that most of these highly charged moments of connection would be ruined if the two people involved actually talked. About half the women I find attractive can ruin it instantly with a single mention of Twilight.

What missed connections really do is provide you with one more opportunity to extend the eye contact and the ego boost. But real life would ruin it.

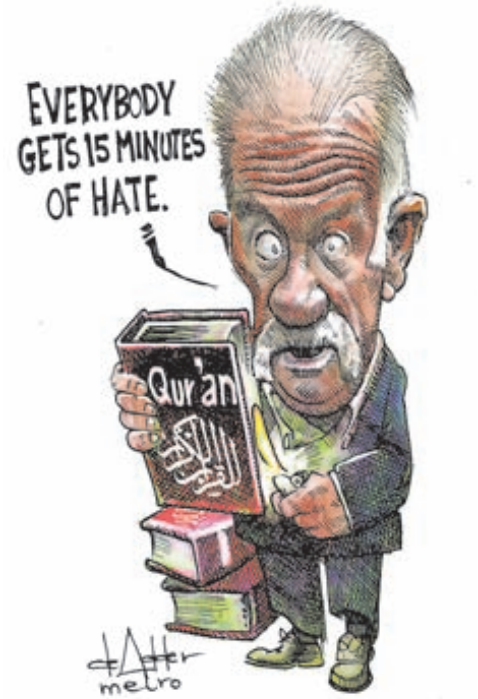
But that's good enough, I say. It's the NSA of infatuation.

I want to be a missed connection. It just doesn't follow that I want to be found.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



Canada cracks top three

Worth mentioning

Australia and New Zealand shared first place, and Canada tied for third in a first-of-its kind survey ranking 153 nations on the willingness of their citizens to donate time and money to charity.

The report, released yesterday by the British-based Charities Aid Foundation, showed striking variations in charitable behaviour around the world.

For example, it found that only four per cent of Lithuanians gave money to charity, compared with 83 per cent of people in Malta; 61 per cent of people in Turkmenistan did volunteer work, compared with two per cent of Cambodians.

The overall rankings were a composite of three categories — the percentage of people who donated money, donated time and helped a stranger in the month prior to being surveyed.

Australia and New Zealand topped the index with an average score of 57 per cent, trailed by Canada and Ireland at 56 per cent, and the United States and Switzerland at 55 per cent.

Several of the world's most populous countries were near the bottom of the index — including India in 134th place, Russia in 138th and China in 147th.

THE ASSOCIATED PRESS

The gift of giving

CONTRIBUTED



What are your three favourite websites? Why?

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Metro Minute at the air show

The Nova Scotia International Air Show is landing back in Shearwater this weekend for the first time since 2003.

The two-day show is bringing in the big guns, with fan favourites such as a giant C177 Globemaster, fresh from duties in Afghanistan and Haiti, a CF-188 Hornet, and a USN Super Hornet.

Canada's Snowbirds will also take to the skies and there will be vintage displays from aircraft including Bill Laff's T-6 Texan and an FM2 Grumman Wildcat. The air show runs Saturday and Sunday. Tickets are $20 for adults, $15 for youth and seniors and free for kids younger than six. Learn more at nsairshow.ca. METRO HALIFAX

DEPARTMENT OF NATIONAL DEFENCE



▶ The Snowbirds will be taking part in the Nova Scotia International Air show Saturday and Sunday.

2 scene

GETTY IMAGES



▶ Interpol, with guitarist Daniel Kessler, left, drummer Samuel Fogarino, and singer Paul Banks, performs on the Tonight Show.

Interpol revives atmospheric sound

Group leaves major label EMI to join familiar Matador ● New album 'most progressive'

CAM LINDSAY
SCENE@METRONEWS.CA

An established indie band signing to a major label is a story that's been told countless times. But Interpol's version has a different twist. After leaving EMI following the release of 2007's Our Love To Admire, they've returned to Matador, the independent label they originally called home.

"There have been a lot of changes in the music industry. When we had the opportunity to part ways with EMI we made a mutual decision," says guitarist Daniel Kessler. "We didn't consider anyone else but Matador. We always retained a great friendship with them and always admired them."

Having released their first two albums on Matador, 2002's seminal debut Turn On The Bright Lights and 2004's exceptional Antics, both the band and label are counting on recapturing that spark again with their new self-titled album.

Kessler feels it offers something both new and familiar. "There are threads you will recognize that this is obviously Interpol," he explains. "I also think it's our most progressive record to date."

"All of our records are documents of what we're trying to say at that time. We feel like our band evolves and this record is an evolution from our last one."
DANIEL KESSLER

Building on the sweeping orchestral arrangements of its predecessor, Interpol expands the compass of the band's overcast, atmospheric rock.

"With Our Love To Admire, there were some things that foreshadowed what was to come with this record. There's a greater expansion of harmonies and melodies."

Most importantly, Kessler says the band wanted to shift the focus away from song-driven iTunes generation back to the good old days of listening to a complete album.

"We're really very much an album band and not into catering to the modern age," he says. "It's really about the ten songs and how they correspond to each other. It's been like that since day one."

Moving on

When news of a new Interpol album came earlier this year, so did the announcement that original bassist Carlos D had left the band to "pursue new goals," says Kessler. "It's a life choice when someone decides they need to venture their own way and even step out of a rock band and look at other interests that demand their attention. We accepted that and as far as adjusting every day is a bit different."

News in brief



Saturday Night Live will launch its 36th season on Sept. 25 with host Amy Poehler and musical guest Katy Perry. Poehler is a former SNL cast member. Perry's No. 1 smash California Gurls has become the song of the summer.
THE ASSOCIATED PRESS

The xx wins U.K.'s Mercury Music Prize

Electronic trio The xx has won Britain's Barclaycard Mercury Prize for their debut album, called "xx."

The London band won the $30,000 prize over 11 other shortlisted acts at a ceremony in London Tuesday. The group beat its more well-known competitors, which included bookies' favourite Paul Weller, singer Corinne Bailey Rae and Dizzee Rascal.

Frontman Oliver Sim said he was stunned by the news: "I don't know what we were expecting, but we weren't expecting this."

The award has honoured the best album of the year by a British or Irish band since 1992. Previous winners include the Arctic Monkeys and Scottish rockers Franz Ferdinand. THE ASSOCIATED PRESS

DAVE HOGAN/GETTY IMAGES



▶ Oliver Sim, Romy Madley Croft and Jamie Smith of The XX pose after winning the 2010 Mercury Music Prize 2010.

Willem Dafoe plays a novelist hiding a secret in A Woman directed by wife Giada Colagrande

Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●



Interpol fails to build on foundation

Interpol
Album: Inerpol
Label: Matador
●●●

Everyone wants to have a strong first disc, but for Interpol, their 2002 debut may have been too good. The New York City-based band has never quite been able to follow up Turn on the Bright Light's brilliant hooks and critical acclaim. They reached a low point on 2007's epic Our Love to Admire, then lost bassist Carlos Dengler last May — you can't help but wonder if Interpol's time is finally up.

Their fourth record doesn't hold any clues to Interpol's future. The band has said that this self-titled disc is a return to their roots — and it does recall some of their first disc's tight riffs and haunting atmospherics, but it's not as captivating. Songs start strong — Lights' slow building verses are stunning, but the track goes nowhere. Summer Well has a nice new wave bounce, but it's missing the hook. The whole album follows that pattern; the songs have a solid foundation, but there's nothing built on top of it.

What's next for the band? This uneven disc proves they have some life left, but if they can't turn good songs into great ones they may want to consider following Carlos' lead and find a new career.

Outstanding track: Barricade ● BRYAN BORZYKOWSKI



Robyn
Album: Body Talk Pt. 2
Label: Konichiwa/Interscope
●●●●½

The second of three Robyn albums set for 2010, Body Talk Pt. 2 is the more club-oriented yang to its predecessor's pop-heavy yin. With renowned hands like Diplo and Kleerup producing and Snoop Dogg dropping f-bomb-laden hooks on supersonic duet U Should Have Known, Robyn's wistful yet sassy songs own the dance floor. Unlike most sequels, Pt. 2 is harder, better, faster and stronger than Pt. 1.

Outstanding track: Hang With Me ● CAM LINDSAY



Bachman & Turner
Album: Bachman & Turner
Label: E1
●●●

In the '70s Randy Bachman and Fred Turner got no respect from the critics, but plenty from fans. BTO's formula was simple — brief, but scorching, guitar solos soaring over galloping chord progressions and catch-phrase choruses sung with caveman bravado. More than 20 years after the band broke up in a flurry of litigation, Bachman and Turner are back. And they sound exactly the same. The songs have changed, of course. They're all new originals. But the sound hasn't.

Outstanding track: Rollin' On ● GRAHAM ROCKINGHAM



Winter Gloves
Album: All Red
Label: Paper Bag
●●●●

To put it simply, the Winter Gloves are a pop band. They play bouncy, upbeat infectious music that should be agreeable to just about anyone. But the group does a lot more than write fun hooks. Their latest is a big improvement over their debut, thanks to their liberal use of keyboards and effects. Gym Class's spacey opening and fuzzy electro riffs, Use Your Lips' crunchy bass and Tooth Fairy's Of Montreal-like keys point to a new maturity for the group.

Outstanding track: Plastic Slides ● BRYAN BORZYKOWSKI



Johnny Reid
Album: A Place Called Love
Label: EMI
●●●

More gooey sentimentality from this Scottish-born, Brampton-raised crooner who has somehow managed to inject enough honesty into his image to win the heart of an ever-increasing audience. Songs like Tell Me Margaret, written for Reid's late granny, will turn on the sob faucets, while Rod Stewart-style R&B tracks like Doesn't Get Better Than You will give fans something to dance to at weddings.

Outstanding track: Hang With Me ● GRAHAM ROCKINGHAM

Stars share the Latin Grammy spotlight with newcomers

The Latin Grammy nominations spread the love between established artists and newcomers, nominating songwriters Juan Luis Guerra and Alejandro Sanz in four categories each.

The nominations announced yesterday at Hollywood's Avalon nightclub also recognized new talents Jorge Drexler, an Uruguayan songwriter, and Mario Domm, the lead singer of the Mexican band Camila, who also were nominated four times.

Among the Canadian nominees are Nelly Furtado and Alex Cuba.

The rest of the nominations spanned the Latin Recording Academy's multitude of genres from across Spain and the Americas, with three nods each to Camila, reggaeton star Daddy Yankee and Uruguay's alt-rockers, El Cuarteto de Nos. The Latin Recording Academy president Gabriel Abaroa Jr. says this year's awards competition had the most submissions ever.

THE ASSOCIATED PRESS

Bay Watch

- **The show** takes place Nov. 11 at the Mandalay Bay Events Center in Las Vegas.





Underwood not quitting her day job

Country superstar makes her acting debut in the upcoming movie Soul Surfer But she says she has no plans to carry through with a movie any time soon

Carrie Underwood thought she'd walk away from her first movie experience vowing to stick to her day job.

But after a recent screening of the upcoming movie Soul Surfer, Underwood found she wasn't as bad as she thought she'd be.

"I really liked how everything turned out, including myself," Underwood said in an interview Tuesday. "I was really expecting the worst from myself, and I really surprised myself."

The Grammy-winning country superstar plays a youth counsellor in the film, which is based on the story of Bethany Hamilton, who lost her arm in a shark attack.

"It's definitely an uplifting movie," said Underwood. "Everybody would definitely feel a lot better coming out than they did coming in."

Although she gives herself good marks for her work on the film, Underwood said she's not ready to carry a movie just yet.

"There are people that are absolutely amazing actors and actresses, and I am not one of those, though who's to say one day; you never know, maybe I will be," she said.

"But I'm definitely new at this and just doing what's fun right now, and I love my music; that's my first love."

"I'm definitely new at this and just doing what's fun right now, and I love my music; that's my first love."
CARRIE UNDERWOOD

The second stage of her Play On tour starts Sept. 25 in Portland, Ore., sponsored by Olay; she became the company's first North American spokeswoman yesterday.

It will be Underwood's first tour since her summer wedding to professional hockey player Mike Fisher.

"It's kind of like my season, my tour, starts the same time his season does. It will definitely be a challenge but we love each other and we love what we do, so there's no reason we can't have it all," she said. "Next year will be an easier year for me. As soon as my tour is over, I'll be hanging out with him a lot more."

Underwood will host the Country Music Association Awards in Nashville, Tenn., on Nov. 10 with Brad Paisley. While she's nominated for female vocalist and album of the year for Play On, some fans wanted her to get a nomination for entertainer of the year, the show's highest honour.

"I'd like to see that, too," she laughed. "I'm not going to lie."

But the 27-year-old said she's not upset about being excluded, and she's happy for all her friends who were nominated.

"Every single year it's all about celebrating a great year in country music because every single year it just gets better and better and stronger and stronger," she said. "I'm excited about my nominations and I think it's going to be a good night for a lot of people."
THE ASSOCIATED PRESS

GETTY IMAGES



▶ Carrie Underwood



Conservative network will offer the right view: Grammer

- Kelsey Grammer puts his money where his ideas are
- Says traditional networks are biased

Kelsey Grammer is an investor and public face supporting a new network that launched yesterday with entertainment designed to appeal to political conservatives.

RightNetwork, whose first series, Running, follows the fortunes of some Tea Party-backed candidates for public office, is also trying a new model to establish itself. It is initially making programming available through video-on-demand services, the Internet and through mobile phones, bypassing the approach of a traditional television network with a spot on channel lineups.

"(It's not) right-wing nuts ... We're middle of the road people who have a fairly conservative approach to government."
KELSEY GRAMMER

Investors hope the support of a conservative audience that has made Fox News Channel and radio hosts like Rush Limbaugh successful could also work for entertainment programming, said Kevin McFeeley, RightNetwork's president.

"We feel the precedent has been set," he said.

Grammer, the Emmy-winning star of Frasier, said the network represented a desire by him and some political friends "to stop allowing people who hate us to define us."

"If you have NBC, ABC, you have entire networks flooded with a very particular point of view," he said. "They won't admit it, but it's clearly the way it is. There's plenty of room for us."

Initial programming also includes Right2Laugh, with standup comedians; Politics and Poker, with card players sitting around talking politics; and an entertainment newsmagazine. New episodes are made available every few weeks, McFeeley said. Some of the candidates featured in Running have already lost primary bids.

In the works is a sitcom called Moving Numbers, about quirky political consultants trying to elect a candidate to the U.S. Senate. McFeeley said RightNetwork will also offer some vintage programming, like old episodes of William F. Buckley's Firing Line.

REED SAXON/ASSOCIATED PRESS FILE



▶ Actor Kelsey Grammer is the most high-profile investor in the new RightNetwork.

"We're not out to vilify or accuse or identify anybody as an enemy," Grammer said. "We're out there to encourage people to open their minds and take a look at some things that we as a group of people believe is the right direction for the country."

While Grammer narrates a programming highlight reel available on RightNetwork's website, he hasn't participated as an actor or producer in any of the network's programming. The only other investor the privately held company has identified is Ed Snider, chairman of Comcast-Spectacor and owner of the Philadelphia 76ers and Flyers.

That led to initial false reports this spring that Comcast Corp., the nation's largest cable company, was a backer of RightNetwork. In fact, the network doesn't even have a deal to distribute its programming through Comcast, which aggressively markets video-on-demand offerings.

McFeeley said the video-on-demand approach will mirror the way people are increasingly watching television, by picking and choosing from programming and making their own schedules.

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Officer sues police over Mel Gibson arrest

The Los Angeles sheriff's deputy who arrested Mel Gibson for drunken driving in 2006 sued his department on Tuesday, claiming he has since been ostracized and passed over for promotions by the agency.

Deputy James Mee's lawsuit seeks unspecified damages for loss of income and benefits, medical expenses and for emotional distress and mental suffering. Mee, who is Jewish, claims he was forced by his superiors to remove references to anti-Semitic slurs uttered by the actor-director during the arrest. Part of that report containing the slurs was leaked to the celebrity website TMZ.com, which also first reported the lawsuit.

METRO NEWS SERVICES



▶ Mel Gibson was convicted of drunk driving.

Mee claims he was transferred after Gibson's arrest and has not been awarded promotions to a traffic investigator or motorcycle deputy position because of the alleged discrimination. The lawsuit claims the department violated its policies by taking four years to investigate the leak and that has hurt Mee's ability to be promoted.

Sheriff's spokesman Steve Whitmore denied the allegations.

"The whole story is not being told in this lawsuit and we look forward to telling it," Whitmore said. "It has nothing to do with religious discrimination. We categorically deny those allegations."

Mee was the subject of a criminal investigation into the leaking of his initial report. The Los Angeles district attorney's office declined to file charges against the deputy.

Mee joined the sheriff's department in May 1989, according to his lawsuit.

In addition to stating that he was forced to alter his report on Gibson's arrest, the lawsuit claims one of his sergeants erased a videotape taken of Gibson in a booking area.

Mee's attorney, Etan Z. Lorant, said the video was taken with a handheld camera and showed Gibson uttering religious slurs. The filing claims the deputy was discriminated against after complaining about the taping and being forced to change his initial report on the arrest.

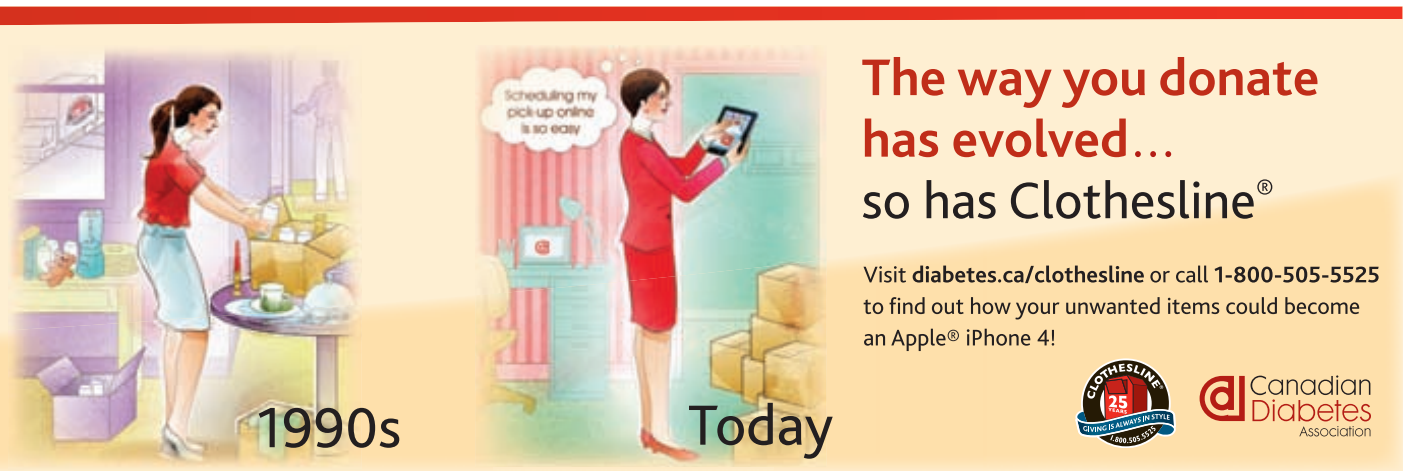
Whitmore said none of the evidence taken during Gibson's arrest had been destroyed.

Lorant said Mee, 55, wants his reputation with the department to be restored and he hopes the lawsuit will resolve that.

"He's done nothing wrong," Lorant said.

Gibson apologized for his anti-Semitic tirade after his arrest, saying that he had battled alcoholism for all of his adult life. He complied with all the terms of the probation given in the drunken driving case, and his conviction was expunged last year.

THE ASSOCIATED PRESS



Gyllenhaal and Bilson dating?

Jake Gyllenhaal and Rachel Bilson are reportedly dating, sources tell Hollyscoop, though they're looking to keep things quiet. "They're trying to keep a low profile but they're definitely dating," a source says. Gyllenhaal famously split from Reese Witherspoon last year, while Bilson recently called off her engagement to Hayden Christensen. METRO







Momsen likes to burn balls

WAIT...NO, WHAT? While Gossip Girl star Taylor Momsen tries her hand at being a rocker, she's been freaking out the musicians in her back-up band. "Taylor loves setting things on fire," guitarist Ben Phillips tells MTV News. "I shouldn't say this. One morning, Taylor got into the studio really early — she'd just had her dog neutered and brought in the bits. Which she then burned. We were grossed out." METRO

Britney facing sex lawsuit

FREAKSHOW. A former bodyguard sued Britney Spears yesterday, claiming the singer repeatedly subjected him to "repeated unwanted sexual advances" and harassment. Fernando Flores filed the sexual harassment lawsuit in suburban Los Angeles, alleging the singer intentionally inflicted emotional distress. THE ASSOCIATED PRESS

Celebrity tweets



Kanye West [@kanyewest] I feel like it's a good day for some shallow tweeting. You can cut the tension with a knife... Lighten up people!

Peter Serafinowicz [@serafinowicz] It is a moral outrage that a US pastor is planning to burn a Korean.

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Pitt-Jolie stake Italian claim

Angelina Jolie and Brad Pitt have added to their international real estate portfolio with the purchase of a $40 million US Italian mansion with 15 bedrooms, two swimming pools and a vineyard, according to the Herald Sun. Located in Valpolicella, Italy, the 18,000-square-foot property also has stables. Jolie and Pitt also own homes in Los Angeles and New Orleans. METRO



Talking points

Berry big on Dark Tide star

INTER-OFFICE ROMANCE Halle Berry has reportedly been getting cosy with her Dark Tide co-star Olivier Martinez while visiting Paris, according to People magazine. The pair were spotted walking hand-in-hand around the city before stopping for a more intimate moment. "It was the classic 'I'm going to kiss you here in a dark corner' move," an onlooker tells the magazine. "And she was waiting to be kissed." METRO

Stewart denied groping

WERE THE CAMERAS AND PEOPLE STARING NATURAL TOO? When Kristen Stewart filmed her make-out scene with Dakota Fanning for The Runaways, she was faced with a few restrictions. "Well, she was 15, and I wasn't allowed to grope her. I'm not kidding," Stewart says, according to Hollyscoop. "Everyone's talking about it like it's a huge deal but it was so natural and impulsive. And it's like five seconds in the movie." METRO



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KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Metro interview



When I called Christian Louboutin, he was in the midst of watching his home country, France, play Mexico in the World Cup.

"Would you mind calling me back in 30 minutes? The game is almost over," he asked with an air of distraction. France lost the game. But was Louboutin heartbroken? Hardly.

"I was betting for Mexico! I was just there. I like that country very much. They have a young crowd, a young team and they're not pretentious. I'm very happy that they won," he said over the phone from Italy where he was visiting his shoe factory. Like his football preferences, Louboutin gravitates toward the unexpected in life. His incredibly sexy heels, which have placed him firmly at the top of the designer shoe food chain, above even Jimmy Choo and Manolo Blahnik, are a testament to that.

What are your earliest memories of fashion?
I was 12. I was in Cannes on holiday with a friend and we happened upon the film festival by accident. We saw a woman being photographed by all these people. She was wearing a long dress in the middle of the day. Her hair was in a chignon. I had never seen anything like this attitude. It was a very fashion moment.

What about your earliest memories of women's shoes?
I was often with my youngest sister, who was 12 years older than I. She was walking up the stairs in front of me. She was wearing cork platforms and I was fascinated by how she could walk in those platforms up six flights of stairs. And I remember seeing the cabaret. It influenced my with showgirls. I didn't know fashion at 12, but I knew wanted to design for those showgirls.



Speaking of showgirls, you did a musical film short for the website FashionAir not so long ago. Is there a part of you that would like to be a dancer?
I've always liked to dance. When I was at a club, I was very much the actor. I was never the spectator. I really like the people at FashionAir, so I agreed to do the short. But it was really painful to watch. I was too self-conscious. And my pants were way up the ass thanks to the suspenders I was wearing.

Your shoes are arguably fashion's most coveted. Can you pinpoint a turning point in your career?
It wasn't necessarily a shift, per se, but I think that September 11th was a big moment for my company. That was 10 years from the year that I started my company in 1991. I had survived after 10 years.

Your shoes epitomize sex for many people. What symbolizes sex to you?
The voice is very sexy. And cleverness s very sexy. Sometimes people can look very sexy on the outside and be stupid intellectually. People who are incredibly flirtatious have to be funny and smart. It's the difference between eroticism and pornography. The difference is what lies between the lines. I do like suggestions. Suggestions instead of pure show. Think about low cleavage, about how it draws the eyes to the breast. It is the same with shoes. I've had a lot of women tell me that it's too much to show toe cleavage in a shoe. They say it's too embarrassing. But I'm like, "You wear sandals where your toes are completely exposed." And they say, "But it's different." I agree. It is different. It's the difference between suggestion and showing everything.

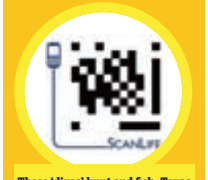
Are there any shoes that you absolutely hate the sound of?
Clogs. I would banish them from the earth if I could. I just don't think it's a pretty sound when you hear women walk in them. It's really wooden, not nice.

3 life

Branded



Gap Inc. Canada has launched online shopping in Canada with a three-in-one store that features the Gap, Old Navy and Banana Republic. With a newly built fulfilment centre in Bolton, Ontario, shoppers won't encounter unexpected delays at the border or surprise customs fees — everything is shipped Canada Post. Returns can be done directly in store and, for the launch, shipping is free. Gap Canada hopes this new site will make it easier for shoppers to find their perfect outfit, plus great back-to-school items for kids, any time of day or night.
METRO



These 'divas' hunt and fish: Texas group help women find their outdoor niche

WALLPAPER WONDERS

Feature wall great place to add bold patterns

HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

Whether covering an entire room or simply accenting one wall, wallpaper is a striking decorating feature that can add scale, texture and instant pizzazz to your home.

According to Canadian interior designer Michelle Mawby, principal designer of Lucid Interior Design and star of the Discovery Channel's Junk Raiders, today's top three wallpaper trends are bold geometric patters, oversized damasques, and luxurious textures such as leather and silk.

"A feature wall is always a great way to dip your toe into a bold pattern or colour, but make sure your painted walls work with the paper," she cautions.

"You can also consider using paper within wall moulding or on canvases and hung like art work."

When it comes to wallpapering, here are Mawby's top dos and don'ts:

1. Do use sparingly. Don't paper every room in your house. "Pick a feature room like your dining room, powder room or bedroom," says Mawby.

2. Do make sure it blends with the existing colour palette in your home unless you are changing the entire house.

3. Don't cheap out. Ensure you order sufficient quantities.

"It's always better to order extra. Trying to reorder the same dye lot can sometimes be a problem," she explains.

4. Don't ask too many people's opinion. "If you love it, go for it!" she advises.

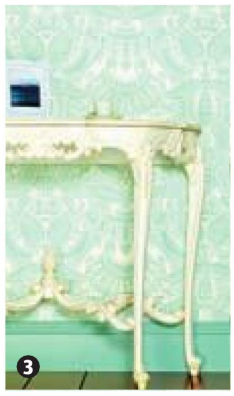
5. Do consider mixing and matching styles. "Try contemporary paper in a traditional house or traditional paper in a more modern house," she suggests.


1

1 CANADIAN TIRE, $19.99/ROLL

This Floral Silhouette Paintable Wallcovering allows you to paint it to create an exact colour match to your current decor; 12 pattern available; canadiantire.ca.


2


3

2 FARROW & BALL, APPROX. $125/ROLL

The artisanal lotus-flower design on the Lotus Papers BP 2057 wallpaper provide a striking backdrop on an accent wall; farrow-ball.com.

3 FARROW & BALL, $295/ROLL

Although this Orangerie BP 2517 wallcovering from the new Baroque Papers collection of block-printed papers is bursting with intricate detail, its more muted palette lends a softer overall look; farrow-ball.com


4

4 FARROW & BALL, $105/ROLL

The graphic print of this Ranelagh BP 1847 wallpaper featuring an architectural diamond trellis border imbues a sophisticated feel when the light reflects off the gold; farrow-ball.com.


5

5 GRAHAM & BROWN, $69.95/SINGLE ROLL

From the Mode collection, this Darcy White wallcovering with a contemporary circular design adds a clean and classic feel to any room; crownwallpaper.com

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Vinyl flooring has edge

Home remodeling, especially room "makeovers," are on the increase, as many of today's homeowners are looking for ways to improve their surroundings, but at the right price.

Nothing dates a room like an out-of-style, worn or stained floor. And some of today's flooring is easy and quick to install and a great way to stretch decorating dollars while delivering striking results.

There are a number of new, cost-effective flooring options on the market today. Consumers want style, design and performance,



and more are choosing alternative flooring options, such as resilient sheet (vinyl) flooring.

"There are many attractive features to today's resilient sheet flooring. It offers superior style and durability, while also being a great value." said Gary Finseth, Tarkett Residential marketing director. "This means homeowners can spend less time worrying about their floors and enjoy the extra time for their day-to-day living.

"Today's vinyl sheet flooring also costs a lot less than its wood and ceramic tile counterparts and is faster and easier to either do it yourself or have installed," he continued.

Unlike the vinyl flooring of yesteryear, the latest resilient sheet floors successfully replicate the look of natural slate, stone, bamboo and hardwood. These floors also come with benefits ceramic tile and wood flooring can't beat.

Besides being far less expensive, resilient sheet flooring, like Farnham, Quebec-made Tarkett FiberFloor, is warm and comfortable underfoot, is water- and moisture-resistant, stands up to scratches, scuffs, stains and indentations, and is easy to maintain.

It's also easy to install. In fact, some new resilient sheet flooring can be installed without glue or adhesive — the floor just "floats."

NEWS CANADA

VALERIE MANSOUR/FOR METRO CANADA



▶ Some fare at Ristorante aMano.

Rustic Ristorante wins on mood

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

- **Ristorante aMano**
- 1477 Lower Water St.
- Bishop's Landing
- 423-6266
- ristoranteamano.ca
- Hours of Operation: Mon. – Sat. 11:30 a.m. – 10 p.m.
- Rating: ***1/2
- Price range: $$$
- Reservations: yes
- Client negotiations: yes
- Lunch with co-workers: yes
- Social lunch: yes
- Quick solo lunch: yes
- Time in: 1:00
- Time out: 2:00
- Low $: Schiacciata (warm flatbread with veggies) $5
- High $: Zarzuela (seafood stew) $20
- Licensed: yes

It's the hottest day of the year but a breeze flows from the harbour onto the shaded patio at Ristorante aMano. Service here is excellent.

We start with the Calamaretti — tiny calamari, flash fried and served with lemon and roasted garlic aioli. It's a bit heavy on the batter although the seafood is tender. The dipping sauce is delish but we soon run out.

I have the Salsiccia Pizza, a perfect thin and crispy crust topped with flavourful homemade Italian sausage, sweet caramelized onions, a tasty tomato sauce and a good amount of mozzarella. After a sprinkling of hot pepper flakes, this pizza queen declares it delightful.

My pal's Spaghettini con Polpette, spaghettini noodles with spicy meatballs, tomato sauce, parmigiano and mozzarella, is rich in flavour although a tad salty. It's a large serving so we take some home along with a leftover slice of pizza for lunch another day.

Mushroom and Chicken Salad

Ingredients :

- 125 ml chicken or vegetable broth
- 50 ml balsamic vinegar
- 2 large cloves garlic, minced
- 500 g boneless, skinless chicken breasts
- 50 ml vegetable oil, divided
- 7 ml each coriander and cumin
- 500 g sliced fresh mushrooms
- 125 ml each thin carrot and red pepper strips
- Freshly ground black or cayenne pepper, to taste
- 1.5 l mixed salad greens
- Crumbled goat cheese (optional)

Preparation:

1. In a measuring cup or small bowl, combine broth, vinegar and garlic; set aside.
2. Cut chicken into 1-cm cubes. In a large non-stick skillet, heat 30 ml of the oil with coriander and cumin over medium-high heat. Saute chicken for about 3 minutes.
3. Add remaining oil and mushrooms, carrot and red pepper; stir-fry for 3 to 5 minutes or until tender-crisp. Stir in vinaigrette and heat just until warm; season with pepper.
4. Divide mixed greens equally among serving plates. Spoon mixture with dressing on top of greens; sprinkle with goat cheese, if desired. Makes 4 servings.

THE ASSOCIATED PRESS





Q&A

Girls! Embrace your smarts

Can you give some uplifting advice for girls going into this new school year on how to embrace your smarts?
It's all about attitude! Remember, doing math is like going to the gym for your brain — it will make you a better "thinker" in all areas of life.

And there's no end to the benefits you'll get from developing your smart and savvy side.

The better you are with numbers, the less likely you are to be ripped off.

The more logically you can think about things, the better advice you'll be able to give your friends and the more clearly you'll be able to view your own life problems.

Danica McKellar helps to make the math add up



- The actress and math genius returns to teach girls that math can be fun in Hot X: Algebra Exposed
- Why 'tackling tough math will teach you that you can overcome any challenge in life'

This school year, don't fear your new math class.

In Danica McKellar's best-selling books Math Doesn't Suck and Kiss My Math, the actress and math genius proves that math can be conquered — and even fun.

"There are a lot of negative stereotypes in the media that would have us believe 'girls can't do math.' It's outdated and totally untrue."
DANICA MCKELLAR

With a new book hot off the presses, Hot X: Algebra Exposed, McKellar talked to Metro about what girls can do right now to gain confidence in all areas of their lives — not just math class.

With a new school year starting, what can girls do now to make sure they walk into their new math class with confidence instead of fear?
A week or two before classes start, do just a bit of review to get out the heebie-jeebies. You could use your old textbook or any of my books (**danicamckellar.com**).

Seriously, just spend a couple hours, and it almost doesn't matter which part of the prior year's math you review; just the fact that you do it will help prove to yourself that you're not afraid of math!

Math has always been a tough subject in school, but why does it appear like girls especially find the subject so hard?
There are a lot of negative stereotypes in the media that would have us believe "girls can't do math." It's outdated and totally untrue, but when it surrounds us, it can still affect the way we feel about ourselves.

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Back to school survival guide for mature students

It's been a while since you've had to sit in classrooms and listen to professors prattle on. And frankly, you wonder how you'll keep up with lecture notes when you have other obligations like family or a job.

Not to worry. Here are some tips to help mature students survive that first year back at school:

1. Be confident about who you are. Don't compare your appearance, possessions, or status with other students. As a mature student, you have more life experience than your peers. You also know the value of a good education and will work hard to achieve it.

2. Get organized. Invest in a daily planner to keep track of deadlines and assignments. Create a home workspace that is comfortable and free of clutter.

3. Find a student mentor. Apply through student services. Look for someone who is also a mature student and in a higher year than you. He or she can share first-year experiences, time management and the scoop on professors to avoid.

4. Befriend your classmates. Having friends to confide in will make your classes more enjoyable. If you don't connect with anyone in your class, join interest groups and associations on campus. Being passionate about an activity binds people together.

NEWS CANADA



Mini but mighty

Need a movie review? Looking for the band's after party? Easily stay plugged into the scene with tweets, texts, and Facebook™ updates all with Timescape™ on the Xperia™ X10 mini. Plus with customizable corners, you can effortlessly jump to your favourite functions like the stunning 5 megapixel camera. And with access to all the latest greatest Android™ Market apps, you only need one hand to stay on top of it all. Now that's huge.

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4 sports

Quoted



"I don't know whose knees I've got, mom's or dad's, but I wish I had the other one's."
CALGARY DINOS QUARTERBACK ERIK GLAVIC TO THE CALGARY HERALD AFTER BEING SIDELINED FOR THREE WEEKS WITH ANOTHER KNEE INJURY.

"It looked like he was in great shape. It looked like he had done everything physically to get himself ready for this camp, and then something like this happens. It's a huge event in his professional life."
MINNESOTA WILD HEAD COACH TODD RICHARDS, TO THE MINNESOTA STAR-TRIBUNE, ON THE LOSS OF LOWER SACKVILLE'S JAMES SHEPPARD FOR UP TO FOUR MONTHS WITH A KNEE INJURY.

Scan code for sports

Huskies defence has extremely high expectations for itself this season
Defensive tackle Dan Schutte looking to make up for lost time

RYAN TAPLIN/METRO HALIFAX



▶ Huskies defensive lineman Dan Schutte breaks through the line during practice yesterday at Huskies Stadium.

Schutte ready to get 'ruthless' for Huskies



MATTHEW WUEST
@METRONEWS.CA

Opponents lining up across from Dan Schutte may have good reason to fear for their safety this season.

"Our No. 1 goal this year is to be the No. 1 defence in the country, No. 1 sacks in the country — it's going to be absolutely ruthless," says the Saint Mary's Huskies defensive tackle. "There is no exception to being the best."

The five-foot-11, 275-pound native of Red Deer, Alta., speaks on behalf of a defence that has had many of its key components in place for three years under the same co-ordinator, Danny Laramee.

Schutte, who was a second-team all-Canadian as a sophomore in 2008, is looking to make up for lost time after missing much of his third season with a torn meniscus in his knee and a torn calf muscle.

"My intensity is going to be tenfold this year," says Schutte.

"I've got to squeeze two years into one … and it's going to happen."

Schutte attempted to play through the torn meniscus against the Calgary Dinos in the Uteck Bowl but proceeded to tear his calf muscle shortly after opening kickoff.

That left Huskies head coach Steve Sumarah severely short-handed in his bid to stop Hec Crighton-winning quarterback Erik Glavic and the nation's best rushing attack.

"In terms of having to block him one-on-one … it's near impossible," Sumarah says. "Not having him hurt us big time."

Although defence has been one of the Huskies' long-standing strengths, the unit is looking to take it to yet another level to get back to the Vanier Cup after back-to-back setbacks in the national semifinals.

"The last two years we've come way too close to it and it's just been driving me crazy," Schutte says. "Expectations are extremely high."

Training hard

- Saint Mary's wanted to get bigger this season after being manhandled in last year's national semifinals by the Calgary Dinos.
- Much of the Huskies' returning core stayed in Halifax this summer, training heavily to be more prepared for the nation's top teams.
- Defensive end Dan Schutte, for example, said he added 20 pounds of muscle since last season and now checks in at 275 pounds.
- "Guys have been training hard and you can tell," Schutte said. "We really beefed up this summer."

2 p.m.

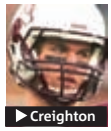
Game time for the Saint Mary's Huskies-Acadia Axemen AUS season opener in Wolfville Saturday live on EastLink.

Creighton back to full strength

When you think of football injuries, you might think of a quarterback getting caught in the crosshairs of a charging 300-pound lineman.

But in the classroom, tripping while trying to step over a chair and almost severing a tendon?

"I'd rather not talk about it," Saint Mary's Huskies third-year quarterback Jack Creighton said with a sheepish grin. "I've just got to watch out for chairs, pretty much."



▶ Creighton

The six-foot-four pivot suffered a deep cut in an off-field Week 2 incident and initially didn't think it would be an issue. But when the cut healed, scar tissue caused stiffness and limited his mobility.

He passed for 1,862 yards and 10 touchdowns in eight games but gained just 97 yards on 24 rushes.

"It took part of my game away that I felt I could have used," said Creighton, noting his knee is healthy now. "I feel like I'm smarter this year, too, so I'd like to make more good choices, and when the time comes, I'll be able to take off and run the ball."

MATTHEW WUEST

Herd still looking for their captain

Will make decision next week Choice hinging on which overage players team keeps on its roster

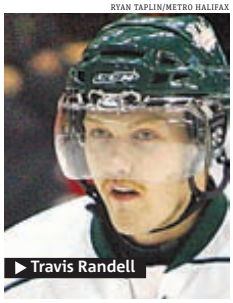
The Halifax Mooseheads aren't planning on naming a captain until next week.

In the meantime, the C is expected to rotate among the top candidates for the full-time letter.

The Mooseheads' cloudy over-age picture — with four on the roster and only three permitted in the lineup each night — is complicating the process.

"Right now, we're going to rotate the C," Mooseheads head coach and general manager Cam Russell said on Wednesday morning. "We've got to make a decision on our 20-year-olds … When we make a decision on those, then we'll be able to name our captain."

RYAN TAPLIN/METRO HALIFAX



Travis Randell

Russell wouldn't say among who he intends to rotate the C, but it would be no shock to see 19-year-old veteran Travis Randell taking a turn or two.

Charles Bety is another option, but he's likely going to find himself in the stands as the extra overager on the weekend.

The Mooseheads host the Cape Breton Screaming Eagles on Friday at 7 p.m. and the Bathurst Titan on Saturday at 7 p.m.

MATTHEW WUEST
METRO HALIFAX

Can Vikings get some revenge?

With New Orleans still celebrating Super Bowl win, Minnesota rolls into town where it lost NFC title game

The Saints' first Super Bowl title was so big in New Orleans that Mardi Gras, a revered local institution dating back well more than a century, became popularly known as "Lombardi Gras."

New Orleans' momentous victory over the Indianapolis Colts occurred in the middle of the city's parade season, so the Saints' celebratory ride through town with the Vince Lombardi Trophy was simply added to the lineup. In the following days, players, coaches, team officials and the trophy made appearances in traditional parades as well.

And while Mardi Gras ended way back on Ash Wednesday, it seems as though Lombardi Gras still isn't over quite yet — certainly not by the looks of the French Quarter, where a massive concert stage has been built on the river front, overlooking historic Jackson Square.

In the hours before the defending champs kick off the NFL season against the Minnesota Vikings on Thursday night in the Louisiana Superdome, the Big Easy will host a concert featuring Dave Matthews and Taylor Swift, an NFL-sponsored parade and a citywide bash for which a number of schools and businesses have already decided to shut down.

VIKINGS SAINTS

- **Time:** 9:30 p.m.
- **TV:** NBC, TSN

"It's like the Super Bowl all over again," Saints running back Reggie Bush said.

Indeed, Saints owner Tom Benson will show off the Lombardi Trophy once more at a newly completed festival plaza next to the Superdome that has been named Champions Square. Then the festivities move inside the dome, where those with the hottest ticket in town will witness the raising of a 2009 championship banner before kickoff.

The Vikings would like to see the party end right about there, and they have their reasons for believing they can make that happen.

Minnesota outperformed the Saints in numerous statistical categories when they met in last season's NFC championship game and might have won if not for five turnovers.

The Vikings outgained the Saints 165 yards to 68 on the ground and 310 yards to 189 in the air. In the end, Minnesota was done in by three lost fumbles and two interceptions, the last by Saints cornerback Tracy Porter when the Vikings were threatening to take a late-game lead.

"They took us to the brink of destruction," Saints safety Roman Harper recalled. "If it wasn't for another Tracy Porter pick, who knows where we would be. … It was a great game last year and should be a great game this year."

THE ASSOCIATED PRESS

MLB. Catch



Pirates first baseman Garrett Jones reaches for a pop foul, which he caught, last night.

KEITH SRAKOCIC/THE ASSOCIATED PRESS

Braves beat Pirates

Omar Infante had three hits, Derek Lowe beat Pittsburgh for the 10th straight time and the Atlanta Braves got the breakout victory they badly needed, beating the Pirates 9-3 last night.

THE ASSOCIATED PRESS

Sports in brief

Dry in the driver's seat

BASEBALL. Dartmouth Moosehead Dry has taken a commanding 2-0 lead in the Nova Scotia Senior Baseball League best-of-five semifinals.

Greg West had a single, two doubles and five RBI while Darren Doucette had a single, home run and four RBI as the Dry pounded the host Kentville Wildcats 10-0 at Memorial Park last night.

Pitcher Steve Nelson earned the win.

METRO HALIFAX



Crosby knocks one out of the park

Sidney Crosby might have a career in baseball if hockey doesn't pan out.

The Pittsburgh Penguins star and some of his teammates took batting practice at PNC Park yesterday afternoon, and Crosby managed to hit a home run at the major-league stadium.

Batting left-handed, Crosby hit one over the right-field wall, which measures 320 feet at the home of the Pittsburgh Pirates.

The homer was greeted with cheers from the group of Penguins players gathered behind the batting cage.

"I grew up playing (baseball)," Crosby told the team's website. "I stopped when I was like 13. I liked it though, it was a lot of fun. It's pretty cool to be out here today."

Video of Crosby's homer is available on YouTube.

THE CANADIAN PRESS



Brady can't avoid contract questions

STEPHAN SAVOIA/THE ASSOCIATED PRESS



"It's not even a part of my thoughts right now. I haven't thought about it yesterday, today."
TOM BRADY, WHEN ASKED IF HE WAS EAGER TO SIGN AN EXTENSION BEFORE SUNDAY'S OPENER

Tom Brady approached the mass of reporters waiting to talk to him and asked, "Who wants to talk football?"

They wanted to talk contract.

Whether he liked it or not, Brady faced questions yesterday about entering the final year of his current deal. With the season opener a few days away and work being done toward a contract extension, the New England Patriots quarterback provided few details.

No, he said, he hadn't signed a new contract.

Yes, he loves playing for the Patriots, has an outstanding relationship with team owner Robert Kraft and owes it to the team to focus on football.

And no matter how much he knows about how close he is to a new deal, he kept that to himself. He wouldn't even say he's excited about the possibility of being with the Patriots for a long time.

"I don't assume anything anymore in life," Brady said. "I don't think anything is guaranteed to us beyond what we have today and I really feel that way."

That philosophy was driven home when his 2008 season ended midway through the first quarter of the opener when Kansas City safety Bernard Pollard crashed into his left leg, causing serious ligament damage in his knee.

"You also pinch yourself every time you walk off the field healthy and say, 'Man, at least I get a chance to go out next week and play,'" Brady said.

Brady is scheduled to earn $6.5 million US this season as part of his six-year, $57.3-million contract.

With signs pointing to an extension at least before that deal expires, Brady wouldn't say if he's confident that would happen.

"I don't know. I don't know. I have no idea," he said. "We've had a chance to deal with it (the contract) this off-season and we are where we're at. I'm excited with where we're at for this season. I think that's what I owe this team." THE ASSOCIATED PRESS

MIKE GROLL/THE ASSOCIATED PRESS



▶ Novak Djokovic celebrates yesterday after beating Gael Monfils at the U.S. Open.

Djokovic moves on to U.S. Open semifinals

◗ Serb triumphs over France's Monfils ◗ Toronto's Daniel Nestor eliminated after mixed doubles loss

A point that meant little on the scoreboard yesterday in the U.S. Open offered a clue about the difference between a player struggling to reach the top and another who's much closer.

Though a regular swing would have sufficed, 17th-seeded Gael Monfils jumped up, brought his racket around his body and through his legs and hit a trick shot — straight into the bottom of the net.

It was a telling moment in his 7-6 (2), 6-1, 6-2 loss to No. 3 Novak Djokovic — "The Joker" — who can be equally entertaining on the court, though usually more discerning about when to put on a show.

Djokovic, the 2008 Australian Open champion who can do impressions of everyone from McEnroe to Nadal to Sharapova, reached his fourth straight semifinal at Flushing Meadows. The Serb has been eliminated the last three times, including in the 2007 final by Roger Federer, who was scheduled to play Robin Soderling later yesterday.

Djokovic fought through gusty winds at Arthur Ashe Stadium to roll to his victory and now gets two days of rest before the semifinal on "Super Saturday" at the Open.

"These are the worst conditions so far in the tournament," he said. "I don't think the crowd really enjoyed the tennis too much. We did have some acrobacy on the court."

Toronto's Daniel Nestor saw his U.S. Open come to an end. He and American partner Bethanie Mattek-Sands were beaten 6-3, 7-5 by Liezel Huber and Bob Bryan in the mixed doubles semifinal. THE ASSOCIATED PRESS

CONCUSSION

Morneau hopeful of return



Minnesota Twins first baseman Justin Morneau says he's still optimistic he will play again this season even though he's been out of the lineup for two months because of a concussion.

The native of New Westminster, B.C., spoke to the media yesterday before the Twins took on the Kansas City Royals.

He said he is having more good days than bad days recently, which has him hopeful he will return to help his team in the pennant race.

Morneau was injured July 7 while sliding into second base against Toronto. He has not played in a game since.

The Twins entered the series finale against the Royals 4 ½ games up on the Chicago White Sox in the AL Central. THE ASSOCIATED PRESS

Capello plans to retire in '12

England coach Fabio Capello plans to retire after the 2012 European Championship when his contract expires.

The 64-year-old Italian, who took charge of England in 2008, kept his job after the World Cup despite the team being ousted in the second round by Germany in June. But Capello said he has "absolutely" no plans to seek a new deal after Euro 2012. THE ASSOCIATED PRESS

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on Barrington, St. Halifax is currently looking for a full time **Supervisor** - Building Cleaning & Maintenance. At least 1 year experience is required.
Please send your resume to : hr_rockstone@yahoo.com

WASTE REMOVAL

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Jubilee Road Children's Centre Halifax
Full-day program for children ages 2 to 5. Spaces available for September. For further info call 429-6406

SALES REPS NEEDED
Premier Spa is seeking 5 Retail Sales Reps selling skin care for our location in Halifax, $11.60/hr.
Email resume to 6707696halifax@gmail.com

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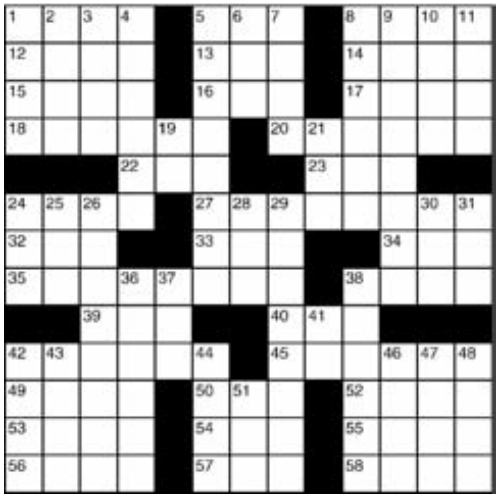
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Crossword



Across
1 Bed-frame piece
5 Cribbage scorer
8 Newspaper page
12 Cab
13 The whole enchilada
14 Hemingway or Haydn
15 In the thick of
16 Carnival city
17 "— go bragh!"
18 Pacific discoverer
20 Threaten
22 Squid squirt
23 Longing
24 Longest abbr. on many calendars
27 Nero and Napoleon
32 Eggs
33 Greek H
34 Debtor's letters
35 1974 John Carpenter movie
38 Chess soldier
39 Blackbird
40 Commotion
42 Hardly colorful
45 Lizard's place?
49 Blunder
50 Common soccer score
52 Cranny
53 Competent
54 Geological period
55 "Unforgettable" singer
56 Interpret
57 Kinsey topic
58 Odds' mates

Down
1 Impale
2 Dalai —
3 Botanical angle
4 Morsel
5 Pet bird, often
6 Actor Wallach
7 — onto (snatch)
8 Church key, e.g.
9 Irrational distrust
10 Grand-scale tale
11 Hamlet, e.g.
19 Broadcasting
21 CBS logo
24 Turf
25 A Gabor sister
26 Geometric curve
28 Urban transit letters
29 Seeming displacement, to astronomers
30 Tier
31 Baltimore newspaper
36 Stabbed
37 Sermon subject
38 Swoop and seize
41 Coiffure
42 Culture medium
43 Ear part
44 Individuals
46 Midday
47 Olympian's prize
48 Supplements, with "out"
51 Rage

▶ Yesterday's answer



Sudoku

	2	8	3			4		
	7			4		6		
	6		9		5			
			6				5	
2			7		4			8
	8				3			
			1		7		8	
		7		5			6	
		4			2	3	9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	9	6	4	7	2	3	1
2	6	3	9	5	1	8	4	7
4	7	1	8	3	2	6	9	5
6	1	8	4	7	3	5	2	9
3	2	4	5	8	9	1	7	6
5	9	7	2	1	6	4	8	3
9	3	5	1	2	4	7	6	8
1	4	6	7	9	8	3	5	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Would you please GRANT me one wish? That would be to spend more Timmies time with you. Remember humming the theme song? Good times, good times!
LOVE, YOUR LITTLE BAGEL.

To Mr. Panda
I love you with everything I am and ever wish to be. You are my reason to smile. I look forward to our future and our life together. Yours forever and a day. You are the love of my life.
MRS. PANDA.

Happy Birthday Babe I hope you have a great day at work today..
Wishing all your wildest dreams come true. Best of luck for this years and many many more years to come. Cant wait til next August. It will be the best.
Take care
LOVE YOU!!
..NN3453



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You want fame and fortune but you also want privacy and independence. Can you have them both at the same time? Yes you can and current aspects will show you a way to reconcile these apparently conflicting aims.

♉ Taurus April 21-May 21 Any obstacles you encounter today should be treated as interesting challenges rather than major barriers.

♊ Gemini May 22-June 21 There have been a lot of upheavals of late and no doubt you could do with a rest. Today, however, you must push yourself hard one more time because there is so much you can accomplish over the next 24 hours.

♋ Cancer June 22-July 22 You have a great deal of energy and enthusiasm at your disposal at the moment but be careful that you don't go to extremes.

♌ Leo July 23-Aug.23 The planets seem to be throwing up all sorts of doubts and fears at the moment but the good news is they won't last for long.

♍ Virgo Aug. 24- Sept. 22 You are advised not to take on anything new today, because you are doing enough as it is. It might not be easy telling loved ones and work colleagues that you can't help them but your health may depend on it.

♎ Libra Sept. 23-Oct. 23 It is important that you stay in control of what is going on in your life. Do not – repeat, do not – let others make decisions for you.

♏ Scorpio Oct. 24-Nov. 22 Give 100 per cent effort in everything you do today. While others are easing off and looking forward to the weekend you should be cranking it up a gear

♐ Sagittarius Nov. 23-Dec. 21 The changes now taking place in your life may not be what you were expecting but in the long-term they will turn out to be exactly what you need

♑ Capricorn Dec. 22-Jan. 20 It is part of your nature to be competitive, especially at work, but take care it does not get out of hand

♒ Aquarius Jan. 21-Feb. 18 Whatever the accepted facts of a situation, if your intuition tells you there is something not quite right with the official explanation you should be on your guard. The conventional opinion is very often the wrong opinion.

♓ Pisces Feb. 19-March 20 As Jupiter moves back into your sign you will get another chance to move your life in a new direction.

SALLY BROMPTON

Caption contest

CHRIS YOUNG/THE CANADIAN PRESS

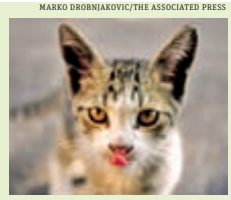


WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS



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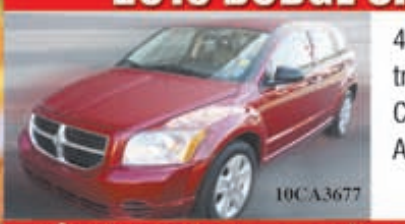
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